

# Back Pain Reliever

User Manual



Last revised: 05/07/2011

Model LBPR1

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## Introduction

Thank you for purchasing the Lloydspharmacy Back Pain Reliever (Model LBPR1).

The Back Pain Reliever is effective in relieving pain, using TENS treatment which stands for Transcutaneous Electrical Nerve Stimulation. TENS is recognised as a safe and highly effective method of relieving pain. TENS is now regularly recommended by doctors, physiotherapists and pharmacists throughout the UK. Before using, please read all the instructions in this user manual carefully and keep it safe for future reference.

### Why consider digital pain relief?

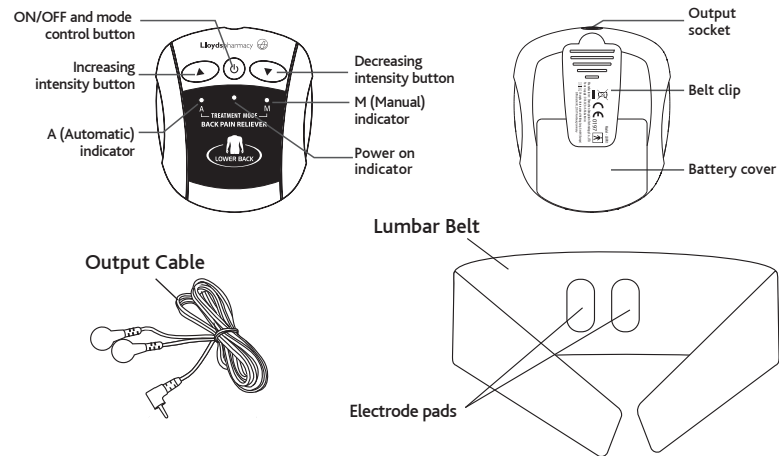
Pain is a warning signal; we need these signals to tell us that something may be wrong with our body. Without it, we may not know that parts of our body might be damaged, thereby damaging them further. However, once we have identified damage, pain serves little purpose. In the case of chronic, regular pain it can significantly interfere with daily activities and the quality of life.

### How does TENS work?

TENS works by passing harmless electrical signals into the body from its pads. This relieves pain in two ways:

- Firstly, it blocks the body's pain signals which are normally transmitted from the area of damage through the nerve fibres to the brain - TENS interrupts these pain signals.
- Secondly, TENS stimulates the body's production of endorphins – its own natural painkillers.

## Parts



## Features

- Programmed and designed specifically to target lower back pain
- Suitable for use alongside pain medication
- 6 programs

### What conditions can TENS help relieve?

TENS provides pain relief for a number of different pain conditions, including:

- Lower back pain
- Sciatica
- Sports strains and sprains

Use the Back Pain Reliever for at least 15 minutes a day. However, you may need to wear it for longer to initially gain pain relief. If you wear the unit for longer periods then check your skin where the electrode pads have been placed to ensure your skin does not become sore. Please ask your local Lloydspharmacy Pharmacist for advice about any specific condition.

Before using the Back Pain Reliever, please read the instructions included in this user manual carefully.

## General Warnings and Safety

Before you start:

Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of this device and to prevent injury.

- Make sure the batteries are installed correctly.
- Connect the snap cable to the lumbar belt and then connect to the unit (see pages 8-9 for more details).
- Attach the lumbar belt and place the electrodes on the area of pain - do not place on the spine.
- Do not use the belt if it is scratched or damaged in anyway.

The Back Pain Reliever is a medical device that has been subject to stringent testing. It is safe to use for most people, with the following exceptions:

- People with pacemakers, pulse regulators or any other implanted medical devices.
  - People with heart rhythm problems.
  - Cancer patients, people with diabetes or epilepsy should seek advice from their consultant or doctor before use.
  - The use of the device must be supervised by an able adult of sound mind.
  - People with inflammation, acute diseases, or infectious skin wounds.
  - People with underlying bone or joint conditions and should consult your Doctor or healthcare professional.
  - People with skin allergies or any disorders of the blood vessels.
  - NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR OR IF YOU SUSPECT YOU ARE PREGNANT.
- Please ask your Lloydspharmacy Pharmacist about other drug free pain relief during pregnancy.
- The use of this device is not suitable without supervision for children under 18 years of age.
  - Patients must consult their doctor before using this device if receiving any physical therapy or suffering from any of the following:

- |   |   |
|---|---|
| • Acute diseases  | • Heart diseases or heart rhythm problems |
| • A fever   | • Abnormal blood pressure                 |
| • Skin conditions including broken or damaged skin and people with loss of feeling in areas of the body |   |

## General Warnings and Safety

- Do not use the device with an electrocardiograph meter (ECG) or any other medical apparatus.
- Do not use the device with any topically applied creams or ointments etc.
- Do not place the electrode pads on the head, face, throat, back of neck, heart, chest area, eyes, oral cavity or on sexual organs.
- Do not use on scarred areas following surgery for at least 10 months after the operation.
- Do not use on or around an area of the body with skin disease, damage or inflammation.
- Do not use on a wet body.
- Pregnant women, people with leprosy, people with chronic alcoholism should not use this product.
- For treatment of pain control, muscle injuries or rehabilitation, this device should be used under close supervision and direction of your doctor or professional therapist.

Please stop using the Back Pain Reliever immediately if you notice any reddening of your skin, if you feel any discomfort or feel unwell. Seek medical advice. Improper use of the Back Pain Reliever can lead to harm and damage.

For safe use of the product, please note the following safety instructions:

- Don't touch the electrode pads on the belt when the device is turned on.
- The unit must be turned off before removing.
- Keep the unit out of the reach of children.
- Do not use the device in the bathroom or in any other area of high humidity as this may cause an uncomfortable intense stimulation.
- Do not use the device whilst driving or operating any other mechanical equipment.
- Do not use the device whilst sleeping.
- Avoid contact of the electrodes with anything made of metal, such as belts.
- The device has no AP or APG protection. AP: Flammable anaesthetic proof mixtures with air. APG: Flammable anaesthetic proof mixtures with oxygen or nitrous oxide.
- Do not insert the cable into any socket other than the socket of the device as instructed, as this may lead to an electric shock.
- Do not disassemble, repair or modify the device in any way as this may lead to malfunctioning or an incident.
- An attempted repair by unauthorised persons invalidates the warranty.

## Using your Back Pain Reliever

### Preparation before using the unit

To insert the batteries, you should press the belt clip up first, slide the battery cover downward until the cover pops off (Figure I). Insert 3 x AAA batteries (not included) into the battery compartment as indicated (Figure II), observing correct polarity. Replace the battery compartment securely (Figure III). Do not turn the device on yet.



Figure I

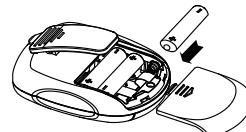


Figure II

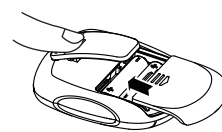
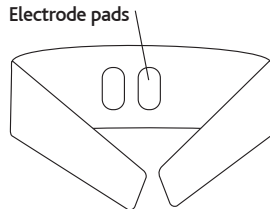


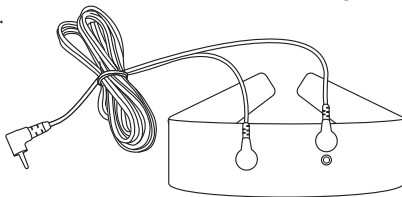
Figure III

## Using your Back Pain Reliever

1. Lay the lumbar belt open on a flat surface, with the electrode pads facing up. You will see two conductive rubber electrodes.



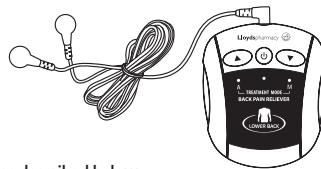
2. Turn the lumbar belt over, with the electrode pads facing down. The belt should be lying horizontally in front of you. You will see two metal snap terminals. Attach the cable to the belt as shown in the diagram, ensuring that the snap terminals are securely in place.



## Using your Back Pain Reliever

3. Connect the cable to the device

Before proceeding to this step, be sure the device is completely turned OFF. Hold the cable plug and insert into the socket on the top of the unit as shown in the diagram. Ensure the cable is inserted correctly.



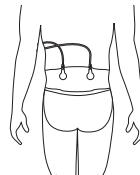
4. Put the support belt on

Place the support belt on the intended treatment area as described below.

If your lower-back pain is closer to your waist level than it is to the bottom of your back, place the support belt so the middle of the belt rests at your waist.

**NOTE: IF THE ELECTRODE PADS ARE NOT IN CONTACT WITH THE SKIN, THE DEVICE WILL NOT WORK.**

**Warning!** The Electrode pads should not be placed directly on the spine



## Using your Back Pain Reliever

Once you have the lumbar belt in position, fasten the belt firmly around your torso with the hook and loop fastening.

The length of the lumbar belt is designed to fit all sizes, you can tighten or loosen the belt by adjusting the ends of the black strap on the outside of the belt and fastening them with the hook and loop fastening.

### 5. Turn the device ON

Please read all the instructions in this user manual carefully before using the device.

To turn the device on press [⏻] button. The power on LED indicator will light and you will hear 3 beeps in quick succession.

Please note:

When the device is turned on, the power on LED indicator will be lit, along with either the A (Automatic) indicator LED or the M (Manual) indicator LED, dependent on which mode the device was on during the previous treatment.

If A (Automatic) indicator is selected, the device will work through an automatic cycle of 6 therapeutic program options.



## Using your Back Pain Reliever

### 6. Selecting the therapy mode

The device will work in 1 minute cycles and run through 6 therapeutic modes. The LED A (Automatic) indicator will flash as per figure I.

If there is a particular therapeutic mode which is comfortable, you can remain on that therapeutic mode by switching to the M (Manual) indicator by pressing the [⏻] button. The LED M indicator will flash as detailed in figure II.

NOTE: You can only change the therapeutic mode when the device is switched on and in contact with your skin.



Figure I



Figure II

In order to find the most effective mode for you, please try the 6 therapeutic modes.

NOTE: To turn the device off, press and hold [⏻] for 5 seconds.

## Using your Back Pain Reliever

### 7. Adjusting the output intensity

Press the intensity control button [▲] and [▼] to adjust the intensity output and the device will start to work. You will hear a beep each time you press the button.

#### Caution:

The strength/intensity of stimulation may be adjusted depending upon the individual requirement of the user.

After setting the device, you can cover the belt with clothing but be careful not to unsnap or damage the cables.

The device can be clipped to your belt for portable, hands-free lower back pain relief.

The device will turn off automatically after 30 minutes.

Before removing the belt PLEASE TURN THE DEVICE OFF FIRST - press [⏻] button and hold for 5 seconds to turn the device off.

Unplug the electrode cables, holding them by the plug, not the cord. When the lumbar belt is removed, clean the skin thoroughly with mild soap and water.

## Program Selection

The Back Pain Reliever offers 6 therapeutic modes as a cycle. The total treatment time is around 30 minutes.

Program Options	Pre-set Parameters
P1 Modulation	Pulse rate=80Hz Pulse duration=50us~150us
P2 Modulation	Pulse rate=30Hz~60Hz Pulse duration=250us
P3 Burst	Burst rate=2Hz Frequency fixed=100Hz Pulse duration=250us
P4 Modulation	Pulse rate=100Hz/2Hz Pulse duration=200us/250us
P5 Modulation	Pulse rate=70Hz~110Hz Pulse duration=200us~100us
P6 Modulation	Pulse rate=125Hz Pulse duration=200us/300us



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## Battery Information

1. Please use 3 x AAA batteries (not included).
2. Remove the batteries if the device is not in use for long periods of time.
3. Do not mix old and new batteries or different types of batteries.
4. Warning: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water.
5. Batteries must be handled by an adult. Keep batteries out of the reach of children.
6. Only batteries of the same or equivalent type are recommended.
7. Do not use rechargeable batteries.
8. Remove exhausted batteries from the unit.
9. Supply terminals are not to be short circuited.
10. Dispose of batteries safely according to battery manufacturer's instructions.

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## Specifications

- Power Sources: 4.5V DC, 3×AAA batteries
- Frequency: 2Hz~125Hz
- Pulse Duration: 50us~300us
- Output Voltage: 0~45V (at 500 ohm load)
- Output Intensity Adjustable: 1~25 (25 levels)
- Treatment Time: approx 30 minutes
- Operating Conditions: 5°C to 40°C; 30%RH to 75%RH
- Storage Conditions: -10°C to 55°C; 10%RH to 90%RH
- Size: 85mm×72mm×31mm
- Weight: 50g (without batteries)
- The Expected lifetime of this product is 2 years, under normal usage.

NOTE: Design and specifications are subject to change without notice

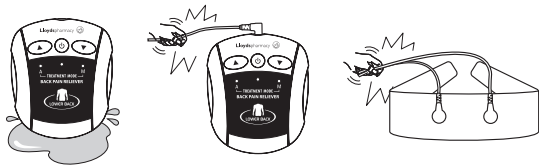
## Troubleshooting

Problem	Check points	Possible solution
The unit does not switch on	Are the batteries exhausted?	Replace the batteries.
	Are the batteries installed correctly?	Insert the batteries observing polarity.
No output stimulus/sensation	Are the snap cables properly connected to the belt?	Firmly connect the cables to the belt.
	Are the belt electrodes in contact with the skin? (You will hear two sets of 3 beeps if the electrodes are not in proper contact)	Re-attach the belt and make sure the electrodes are in proper contact with the skin.
Output stimulus/sensation is weak	Are the snap cables dirty?	Clean the snap cables with a damp, lint free cloth.
	Is the intensity too weak?	Use a higher intensity level.
	Are the electrodes positioned properly?	Change the position of the belt.
Stimulation is uncomfortable	Is the intensity too high?	Reduce the output intensity.
	Are you following the instructions in the user manual?	Please read and fully understand the manual.
	Are the snap cables or belt damaged or worn?	Please replace the product.

## Troubleshooting

Problem	Check points	Possible solution
The skin becomes red and/or you feel a stabbing pain	Are you positioning the electrode pads on the same site every time?	Re-position the electrodes. If at any time you feel pain or discomfort stop use immediately.
	Is the belt dirty?	Please clean the belt according to the cleaning requirements in this manual.
	Is the surface of the pads or belt scratched?	Please replace with a new belt.
Output current stops during therapy	Are the electrode pads still in contact with the skin properly?	Turn off the power and re-attach the belt ensuring the electrodes are in contact with the skin properly
	Are the cables still connected to the belt?	Turn off the power and re-connect the cables to the belt.
	Have the batteries been exhausted?	Please replace them with new batteries.

## Maintenance and Cautions



- Do not immerse device in water or any liquid. Do not drop the device or throw it from a height.
- After using the device, please remove the output plug from the output socket.
- Do not twist or pull the output cable.
- Do not use any chemical to clean the device or snap cables. If you need to clean them, please wipe with a damp, lint free cloth.
- To clean the lumbar belt, wash it gently with mild soap in lukewarm, not hot water. Rinse thoroughly in warm water to remove all traces of soap.
- Do not wring. Instead, wrap in a dry towel to remove excess moisture.
- Remove from towel and allow to air dry at room temperature away from heat and sunlight.

## Storage

- Remove the batteries from the unit if you are not going to use it for a long period of time. Leaking batteries can damage the unit.
- Do not make any sharp kinks in the snap cables or lumbar belt.
- After use, disconnect the snap cables and lumbar belt, and then store safely and out of the reach of children.
- Do not expose the device to direct sunlight and protect it against dirt and moisture.
- Store the device in a cool, well ventilated place.
- Never place any heavy objects on the device.

## Disposal

Used, fully discharged batteries must be disposed of in a specially labelled collection container, at toxic waste collection points or through an electrical retailer. You are under legal obligation to dispose of batteries correctly.

NOTE: You will find these markings on batteries containing harmful substances:

Pb = battery containing lead, Cd = battery containing cadmium,  
Hg = battery containing mercury.



Please dispose of the device in accordance with the directive 2002/96/EC–WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please refer to the local authorities responsible for waste disposal.

## Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorised persons invalidates the warranty. This does not affect your statutory rights.

## Customer Feedback

We are constantly striving to delight our customers with our products and customer service. We value your opinion and feedback on our devices as this helps us to develop and continually improve. We would be grateful if you'd share your thoughts in reviewing this product. Please visit [www.lloydspharmacy.com](http://www.lloydspharmacy.com) and look for the customer services section on the bottom of the page.



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## Explanation of Symbols on the Back Pain Reliever



Attention: Read the operating instructions for use!



This symbol indicates that this product is a Type BF device.



Disposal in accordance with Directive 2002/96/EC (WEEE)



The name and the address of the manufacturer.



Complies with the European Medical Device Directive (93/42/EEC) as amended by directive 2007/47/EC requirements. Notified body TUV Rheinland (0197)

